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[0109] Although the present disclosure and its advantages have been described in detail, it should be understood that various changes, substitutions and alterations can be made herein without departing from the spirit and scope of the design as defined by the appended claims. Moreover, the scope of the present application is not intended to be limited to the particular embodiments of the process, machine, manufacture, composition of matter, means, methods and steps described in the specification. As one of ordinary skill in the art will readily appreciate from the present disclosure, processes, machines, manufacture, compositions of matter, means, methods, or steps, presently existing or later to be developed that perform substantially the same function or achieve substantially the same result as the corresponding embodiments described herein may be utilized according to the present disclosure. Accordingly, the appended claims are intended to include within their scope such processes, machines, manufacture, compositions of matter, means, methods, or steps.

What is claimed is:

1. A method of treating or preventing pain in an individual, comprising the step of administering to the individual an effective amount of fibroblasts and/or derivatives thereof and/or conditioned media from culture of said fibroblasts.

2. The method of claim **1**, wherein the administration is local or systemic to the individual.

3. The method of claim **1** or **2**, wherein the administration is to the spine of the individual.

4. The method of claim **1**, **2**, or **3**, wherein the administration is intradiscally in the individual.

5. The method of any one of claims **1-4**, wherein the pain is acute or chronic.

6. The method of any one of claims **1-5**, wherein the individual is receiving an additional treatment.

7. The method of claim **6**, wherein the additional treatment is for pain.

8. The method of any one of claims **1-7**, wherein the pain is selected from the group consisting of a) neuropathic pain; b) nociceptive pain; c) phantom pain; d) psychogenic pain; e) incident pain; f) breakthrough pain; g) discogenic pain; h) idiopathic pain; and i) a combination thereof.

9. The method of any one of claims **1-8**, wherein the fibroblast derivative comprises lysate and/or exosomes.

10. The method of claim **9**, wherein the exosomes are obtained following culture of the fibroblasts under suitable conditions.

11. The method of any one of claims **1-10**, wherein the fibroblasts express CXCR-4; CD-271; FGF-1 receptor; SSEA-3; CD10; CD13; CD44; CD73; CD90; TNF-alpha receptor-1; toll like receptor 4; and/or the receptor for acetylated end products (RAGE).

12. The method of any one of claims **1-11**, wherein the fibroblasts are cultured under hypoxia.

13. The method of claim **12**, wherein when the fibroblasts are cultured under hypoxia they secrete one or more factors selected from the group consisting of a) MCP-I; b) MIP1beta; c) IL-6; d) IL-8; e) GCP-2; f) HGF; g) KGF; h) FGF; i) HB-EGF; j) BDNF; k) TPO; l) RANTES; m) TIMP1; and n) a combination thereof.

14. The method of any one of claims **1-13**, wherein exosomes are administered instead of the fibroblasts.

15. The method of any one of claims **1-14**, wherein the conditioned media and the fibroblasts are administered concurrently or at separate times.

16. The method of any one of claims **1-15**, wherein the exosomes and the fibroblasts are administered concurrently or at separate times.

17. The method of any one of claims **1-16**, wherein the exosomes express one or more markers selected from the group consisting of CD63, CD9, MHC I, CD56, and a combination thereof.

18. Isolated exosomes produced from fibroblasts cultured in vitro under hypoxic conditions.

19. The exosomes of claim **18**, wherein the exosomes express one or more markers selected from the group consisting of CD63, CD9, MHC I, CD56, and a combination thereof.

20. The exosomes of claim **18** or **19**, said exosomes formulated as a pharmaceutical composition.

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